



the CommonHealth Compass

Give Staying Healthy Your Best Shot

One of the best ways to prevent illness is to get vaccinated. Whether you get an annual flu shot, or vaccines to protect you against pneumonia, meningitis or other diseases, it's important to use the resources available to keep you and your family in good health.

If you are a TLC health plan member, you may:

- Get a free immunization at your doctor's office. The Key Advantage and TLC HDHP plans pay 100% of the allowable charge for member immunizations under the wellness benefit.
- Ask your local pharmacist. Some immunizations also may be available at local retail drug stores. If you are a Key Advantage or TLC HDHP member, you pay a tier copayment, or deductible and coinsurance, just as you do for prescriptions under your plan. You may also be responsible for pharmacy fees to administer the vaccine.

Remember that the TLC statewide plans also are providing free flu shots at participating pharmacies this year. Kaiser Permanente HMO plan members have access to free flu shots from their physician or at participating medical centers. Visit the TLC Web site at www.thelocalchoice.virginia.gov for more information.

CommonHealth Declares War on Germs



Did you know there are more germs in your office than on a toilet seat?

Germ Warfare will show you where the germs are and how to stay healthy during cold and flu season. The program this quarter offers a 2-oz hand sanitizer spray and an antimicrobial pen. This pen uses natural components to keep germs from attaching to surface and spreading from one user to the next.

Go to www.commonhealth.virginia.gov/tlc to learn more about this program and other CommonHealth information.

Team Competition Makes Walking Fun

Tom Barnard, of the Middlesex County Health Department, has taken employee walking to a new threshold with the help of the CommonHealth program. He divided the 24 worker-walkers at the department into two teams and on the day after Labor Day, the competition began.



Some of the Middlesex County Health Department walkers, from left, Lee Walton, Camilla Sutherlin, Sue Lau, Carolyn Salmon, Lee St. Clair, and Tom Barnard, log additional steps and miles while at work.

"I've been here 24 years," said Chris Gabany, Business Manager for the Three Rivers Health District, "and I have never seen anything take off like this. It has already generated a lot of competition and the camaraderie is wonderful."

According to Ms. Gabany, everyone is getting up to go talk to someone instead of calling them on the phone. Many team members are walking in place at their desks. "It is really funny," she said. "We're looking like bobbleheads and having a great time. The laughter is contagious."

The team members are logging their miles on a spreadsheet so that everyone can keep track of how both teams are doing. Steps may only be counted during work hours - no off duty or evening walks or jogs count.

"And guess what?" proclaims Gabany. "We're still getting our work done!"

In a bit over a month, the group has logged more than 1,000 miles.

Regional Coordinators Bring Experience to Workplace Wellness

The eight CommonHealth regional coordinators hired as state employees are already making their presence felt at the agency level – arranging programs and health checks, providing wellness information and recruiting agency and location coordinators.

The coordinators bring to the CommonHealth program more than 80 years of experience promoting workplace wellness and working directly with employees.

Here is their contact information and the regions they are covering within the Commonwealth:



Sharon Buckner – Shenandoah Valley

Sharon.buckner@dhrm.virginia.gov

Augusta, Clarke, Culpeper, Frederick, Greene, Madison, Page, Rappahannock, Rockingham, Shenandoah and Warren



Mary Louise Gerdes – Tidewater and Northern Neck - *marylouise.gerdes@dhrm.virginia.gov*

Caroline, Charles City, Essex, Westmoreland, Northumberland, Richmond, Lancaster, Middlesex, Mathews, King and Queen, King William, New Kent, Gloucester, York, James City, Surry and Sussex counties and the cities of Hampton, Newport News, Poquoson and Williamsburg.



Denise Butler – Richmond area

denise.butler@dhrm.virginia.gov

Cumberland, Henrico, Hanover, King George, Louisa, Orange, Powhatan, Spotsylvania, and the city of Richmond.



Craig Hicken – Southeast Virginia

craig.hicken@dhrm.virginia.gov

Amelia, Brunswick, Chesterfield, Charlotte, Dinwiddie, Greensville, Halifax, Lunenburg, Mecklenburg, Lunenburg, Prince Edward, Nottoway, Chesterfield and Dinwiddie counties and the cities of Colonial Heights, Emporia and Hopewell.



Kristina Fischbach – Central Piedmont

Kristina.fischbach@dhrm.virginia.gov

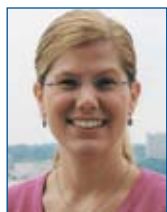
Albemarle, Alleghany, Amherst, Appomattox, Bath, Buckingham, Campbell, Cumberland, Fluvanna, Goochland, Highland, Louisa, Nelson, Rockbridge counties and the cities of Charlottesville and Lynchburg.



Suzanne Meador – Southwest Virginia

Suzanne.meador@dhrm.virginia.gov

Lee, Scott, Wise, Dickenson, Buchanan, Russell, Washington, Tazewell, Smyth, Grayson, Carroll, Wythe, and Bland counties.



Cynthia Duncan – Hampton Roads

cynthia.duncan@dhrm.virginia.gov

Accomack, Isle of Wight, Northampton and Southampton counties and the cities of Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach.



Susan Lord – Northern Virginia

susan.lord@dhrm.virginia.gov

Fairfax, Loudon, Prince William, Fauquier, Orange and Stafford counties and the cities of Fairfax and Winchester.

The position of coordinator in the Western region is currently vacant and will be filled later.